

Unconditional Love and Forgiveness Workshop

Washington State Mental Health 2006 Consumer Conference

Presented by Mary Hayes Grieco

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What is forgiveness?

Forgiveness is an attitude

Forgiveness is a tool

Forgiveness is an experience - a miracle!

Forgiveness is to release any expectation, condition, or demand that I am attached to in my mind that prevents the natural expression of unconditional love between myself and another.

What is Unconditional Love?

Unconditional love is an attitude: *“To see the good; conscious good will.”*

Unconditional love is an experience: *A universal energy that freely extends itself to another without conditions or demands; it blesses and promotes wholeness.*

The importance of forgiveness in healing and recovery

Forgiveness is a tool for healthy living and spiritual growth to be used for a life time

Forgiveness cleans house of the old emotional debris that burdens us
Forgiveness heals broken parts of the self from earlier wounds in our lives
Forgiveness heals the family

Forgiveness breaks the cycle of guilt and shame about our “failures”

Forgiveness restores our connection with our soul and our Higher Power

Forgiveness puts us into right relationship with others: establishes healthy boundaries

Forgiveness brings us into the present and gives us new energy. It opens the channels to increased creativity and intuition with which to pursue our purposes and our dreams.

How is forgiveness accomplished? The Eight Steps of Forgiving Another:

1. Use your will to choose the attitude of forgiveness.
2. Speak your emotional truth and release emotions (empty chair)
3. Cancel your expectations, one by one
shift it to a preference
acknowledge reality
re state your will
cancel the expectation
open to the Higher Power for what you need
4. Restore your boundaries
give the person responsibility for their actions
visualize your personal space strong and clear
5. Bring healing love and light from the Higher Power into your body, emotions, and mind
6. Send love and light to person you are forgiving
7. See the good
8. Integrate the physical change

Self forgiveness

Self forgiveness comes from experiencing God's point of view about us

Self forgiveness is a simple, profound moment of healing that can happen spontaneously, if we are willing

Self forgiveness helps us to "right size" ourselves in our world, and to start fresh

Resources

www.maryhayesgrieco.com - articles, audio clips, products

"The Peaceful Heart" audiotape/CD by Mary Hayes Grieco: guided forgiveness of others, self-forgiveness and centering exercise

Unconditional Love and Forgiveness Weekend Workshop March 9-11 2007 Woodbury, Mn.

Personal Self Mastery Program with Mary Hayes Grieco October 2006 - June 2007 (nine weekends)

Psychosynthesis and **The Act of Will** by Dr. Assagioli available through www.synthesiscenter.com

Forgiveness Journal Exercise

Are you willing to live without feeling shame, guilt, and resentment towards others? Why or why not?

What is one positive goal in your life you need to move forward on, if you weren't sabotaged by your shame, addiction, or unresolved issues in your past?

Name three people you need to forgive to have peace and be stronger:

1.)

2.)

3.)

Pick one of the three people you need to forgive, and identify the main expectation you have or had of them that you need to let go of to gain peace about them. Work it through the parts of Step 3

Shift the expectation to a preference: "I would prefer that you ... "

Acknowledge reality : "But you won't, (can't, didn't, etc.)" and

State your will: " I will move on from this, (I will stop judging you, I will let this go, etc.)"

Therefore "I cancel my expectation that you ... "

"And I open up to the Higher Power to meet my needs for..."

Name three things about yourself you need to forgive:

1.)

2.)

3.)

***These guided exercises are on The Peaceful Heart audio book at www.maryhayesgrieco.com
Kindle the Spirit of Peace, Purpose, and Joy!***

Mary Hayes Grieco
Washington State Mental Health
2006 Consumer Conference

Kindle a new spirit in your life - today is a good day to do it!

Be open today to the seed of a new understanding being planted firmly inside you, and cultivate it's healthy sprouting and growth in coming months

Our Common Human Purpose : To Learn and to Love — A Lesson from Aunt Ann
(from Living Your Purpose audio book by Mary HG)

What are we Learning? Spiritual qualities *Courage, tolerance, discipline, faith, kindness, truth, detachment, generosity, persistence, trust, will, joy, vitality, mastery, abundance, etc.*

Self Mastery includes

Learning to peacefully play your part within the drama of your life

Conquering your fears and healing your wounds

Developing life skills and artistic talents

Exercising a positive amount of self- discipline and self-control

Studying and living within Universal Laws (Example: unconditional love and forgiveness)

Finding the flow of joy and service

Know Thyself: Soul and Personality *short experiential exercise*

The power of unconditional love and forgiveness

"The experience of forgiveness is profound and refreshing! When we do the thorough and gritty work that goes into releasing past hurts, we experience a miracle. The stagnant burden of resentment is dissolved and our bodies are flooded with new energy. Forgiveness mends our tattered boundaries and broken relationships, and empowers us to move forward towards our dreams with hope and creativity." From The Peaceful Heart by Mary Hayes Grieco

Unconditional Love: 1) "to see the good"; 2) A positive universal energy that freely extends itself to all to bless us and promote wholeness and thriving

Forgiveness is to release an expectation that is causing us to suffer

Joy: Why not? *Closing story - Beware of happiness*

*"May the spirit of friendship make us free and whole persons
and gentle builders of a free and whole community."*

- GROW network; Republic of Ireland

Get more info and stay in touch with Mary at www.maryhayesgrieco.com